

CALIFORNIA STATE BOARD OF HEALTH

Weekly

Bulletin

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GUY P. JONES
EDITOR

Use Label To Abolish Common Cup.

Field workers of the California State Board of Health are using a label, as reproduced below, in a campaign to abolish the common drinking cup. A similar method was used in relegating the common towel to oblivion. To be sure, common towels are sometimes found in public places, but they are very much more scarce than they were. It has been found that labelling a common cup or towel with a warning sign is very effective in securing its prompt removal. Following is the text of the label:

**DON'T DRINK
FROM THIS CUP—IT MAY CARRY
DISEASE**

The law requires that drinking cups and glasses in public places be sterilized after each use, or else that individual cups be provided. Violation of this law (Chapter 744, Acts of 1917) is a misdemeanor, punishable by fine not exceeding \$25. Many diseases are spread by the transfer of mouth secretions deposited on common drinking utensils. Don't take a chance. Demand a clean cup.

These notices are supplied by
**CALIFORNIA STATE BOARD OF
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Sacramento

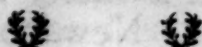
Following is the form used in the common towel label:

DON'T USE THIS TOWEL

It is a common towel and may carry disease. Common towels are prohibited by law in hotels, restaurants, factories, stores, barber shops, office buildings, schools, public halls, railway stations, boats, or any other public place, room or conveyance. Violation of this

act, Chapter 745, Acts of 1917, constitutes a misdemeanor, punishable by a fine not exceeding \$25.

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British Authority Praises Our Public Health.

Sir Arthur Newsholme, former Chief Medical Officer of England and Wales, said last week in New York City, at a meeting sponsored by the Milbank Memorial Fund:

"American medical men who recently dedicated their efforts to increasing the average life span twenty years within the next half-century, are on the right track," he said.

"Years are already being added to the life of each member of the community, and every advance in curative and in preventive medicine implies an enhancement in the general standard of life," he continued. "During the past seventy-five years not less than fifteen years have been added to the average duration of life in several countries. During the past twenty years the gain in length of life has been greater than in the previous fifty years. Already in the registration area of the United States—notwithstanding the vast number of avoidable deaths in childhood and in adult life, caused by diseases well within our control—the average expectation of life for every infant at birth is fifty-eight to fifty-nine years. A large part of this improvement is directly due to the increased care of health now becoming more general, both

by personal effort and by the work of health authorities and of voluntary agencies."

"In promoting the welfare and health of the mother and her child in the early years, one can most easily anticipate disease, and bring the work of hygiene out of the region of pathology and disease into that of positive attainment and enhancement of health. Satisfactory care of the mother during pregnancy and of the infant, by means within the reach of all (including a regulated diet, fresh air and sunshine, avoidance of exposure to the infectious colds of adults, and other medical preventive measures), will prevent rickets and many serious ills of childhood."

"Maternal and child health are especially indicated in the prevention of two great scourges of humanity, tuberculosis and venereal diseases. No work for the mother and her child can have more than a fractional result, which does not constantly aim at minimizing and eventually eliminating these two arch-enemies of mankind."

"Evil environmental circumstances which cause excessive mortality also cause illness and permanent deterioration of health in a vastly greater number of persons," Dr. Newsholme continued. "In the battle of life, there are always more maimed and wounded than there are killed. There are those who contend that in a prolonged life we do not really live longer, but are merely longer in dying. To them we throw back the burden of proof of their assertion and maintain that each advance in the civilized pursuit of health means not only a temporary salvation from death, but an enhancement of the general standard of life."



Coalinga Has New Health Officer.

Mr. A. F. MacLean has been appointed City Health Officer of Coalinga to succeed Mr. A. J. Shaw.



It costs about \$6,150 to bring up one child from, and including, birth to the age of 18, according to the Metropolitan Life Insurance Co. which is making a series of studies on "the value of man" based on the approximate expenditures in dollars and cents for a growing child during the nonproductive period of life.

This total is reached by adding to the initial "cost of being born," estimated at \$250, the sums of \$2,500 for food; \$1,620 for rent, reckoning the share of the child as one-sixth of the total so expended; \$300 for fuel and light, \$351 for furniture and household maintenance; \$144 for first cost of installation of the home; and for clothing, \$912 for a boy and \$1,002 for a girl.

Summer Institute For Nurses Is Announced.

The fifth annual institute for public health nurses, sponsored by the Summer Session of the University of California and the California State Board of Health, will be held at Berkeley, July 12-23, 1926. Any public health nurse who has had at least one year of experience in this type of work is eligible to admission and enrollment in the institute. Certificates of attendance will be given to registrants who attend all sessions of the institute. Applications for enrollment may be obtained from the office of the California State Board of Health at Sacramento.

The institute is designed to provide a forum for the exchange of practical ideas in making community and school nursing more efficient, as well as to provide a review of technical subjects relating to communicable disease control and other important topics. Members of the faculty of the Summer Session will be asked to take part in the program, which is now in course of preparation. Public health nurses who have had specially successful results in conducting immunization campaigns and similar work will be asked to present papers, outlining their methods.

Meetings will be held from one to four o'clock each afternoon with the exception of Saturday. Mornings will be left open in order that nurses may have ample opportunity to visit health centers and clinics in San Francisco, Oakland, Alameda and Berkeley. Early registration is important, as accommodations are necessarily limited. All inquiries concerning the institute should be addressed to the California State Board of Health, Sacramento.

The chief aim of the institute this year lies in making it of practical value to nurses. It is not intended that the courses shall be mere text-book reviews. It is intended, rather, that they shall give definite information upon the conduct of public health nursing procedures, based upon the actual experiences of qualified workers. The large number of applications already received indicate that the attendance at this year's institute will break all former attendance records.



Let every parent remember that there is no greater affliction which can be thrust upon the child than that of inheriting the type of parent who refuses to let him grow up.—
Douglas A. Thom, M.D.

Summer Courses For Nurses At Universities.

The coming summer will be of great interest to nurses wishing to improve their present work, prepare for future positions and to gain university credit. The University of California and Stanford University are offering the following excellent courses:

At Berkeley, University of California (June 21-July 31, 1926).

Health of the School Child.....	2 units
Preventive Medicine.....	4 units
Public Health Nursing.....	4 units
Control of Poverty.....	2 units
Supervision in Hospitals and Schools of Nursing.....	2 units
Methods of Teaching in Schools of Nursing.....	2 units

(These two courses are given by Miss Carolyn E. Gray, M.A., R.N.)

At Los Angeles, U. C. Southern Branch (June 26-Aug. 7, 1926).

Nursing Aspects of School Hygiene	2 units
Preventive Medicine.....	4 units
Public Health Nursing.....	4 units
Control of Poverty.....	2 units

At Stanford University (June 22-Aug. 28, 1926).

Care of Dependents.....	4 units
Quant. Measures in Public Ad- ministration	2-4 units
Health Department Administra- tion	2 units
General Psychology.....	5 units

At University of California no formal examinations are required for entrance; admission is granted to graduates of accredited high schools and to all persons of sufficient maturity and intelligence to profit by the exercises and lectures of the session. Any adult is permitted to attend all regular exercises of either of the sessions, as an auditor, upon the filing of an application and the payment of the regular tuition fee. An auditor does not participate in recitations, does not take examinations, and hence does not receive credit. The tuition fee for any one of the sessions will be the same regardless of the number of courses taken.

Bulletins containing detailed information may be obtained by applying to:

Dean of Summer Session, 105 California Hall, Berkeley.

The Registrar, Stanford University.

Health Officers To Hold Conference.

The annual conference of California health officers will be held, according to established custom, in conjunction with the regular convention of the League of California Municipalities in Yosemite, August 16th to 19th. Health officers will be provided with an interesting program, full of practical material that will be helpful in local public health administration. There will be extended opportunities, also, for wide discussion of special procedures such as methods used in the organization of immunization clinics, health education, etc.

Important papers upon the control of the various communicable diseases will be presented, with special reference to poliomyelitis, scarlet fever and typhoid fever. A review of the recent outbreak of virulent smallpox will be given. Reports of the present status of immunization against diphtheria, throughout the state, will also be presented. Sewage disposal and garbage disposal will be discussed in a general session with the entire body of the League of California Municipalities.

Health officers should plan to be present upon the opening day of the conference, as important features of the session will be presented upon that day. Summer rates to Yosemite are in effect over the railroad lines and for those who will travel by automobile it may be stated that the new water-level route to the valley is scheduled to be opened for the use of the general public on August first.

The tentative program of the conference is about ready and will be published in an early issue of this Bulletin. Further information concerning hotel rates, meeting places, etc., will also be published. Health officers who plan to attend the conference will confer a favor upon the officers if they will so advise the secretary, Dr. F. W. Browning, Hayward.

MORBIDITY.*

Diphtheria.

86 cases of diphtheria have been reported, as follows: Berkeley 1, Oakland 6, Contra Costa County 1, Pittsburg 2, Fresno 1, Kern County 3, Los Angeles County 5, Alhambra 3, Burbank 1, Glendale 2, Huntington Park 2, Inglewood 1, La Verne 1, Long Beach 1, Los Angeles 21, Whittier 1, Maywood 2,

*From reports received on June 7th and 8th for week ending June 5th.

Corona 1, Sacramento 4, Hollister 1, San Bernardino 1, San Diego 6, San Francisco 11, Redwood City 1, Santa Barbara 3, Santa Cruz 1, Tuolumne County 1, Fillmore 2.

Measles.

474 cases of measles have been reported, as follows: Alameda 8, Albany 1, Berkeley 30, Oakland 111, Piedmont 2, San Leandro 1, Fresno 11, Callexico 1, Los Angeles County 22, Alhambra 4, Glendale 2, Huntington Park 2, Inglewood 1, Long Beach 18, Los Angeles 2, Monrovia 2, Signal Hill 1, Maywood 3, Marin County 1, Napa 1, Santa Ana 1, Riverside 2, San Bernardino 3, National City 1, San Diego 11, San Francisco 205, San Joaquin County 3, Stockton 2, Redwood City 1, Colma 3, Santa Barbara 14, Corning 2, Ventura County 2.

Scarlet Fever.

107 cases of scarlet fever have been reported, as follows: Alameda 1, Berkeley 4, Oakland 5, Chico 1, Contra Costa County 1, Fresno County 1, Fresno 3, Callexico 1, Kern County 2, Los Angeles County 7, Alhambra 1, Arcadia 2, Burbank 1, Culver City 1, Glendale 1, Hermosa Beach 1, Huntington Park 1, Inglewood 1, Long Beach 4, Los Angeles 21, Pomona 3, Hawthorne 1, Monterey County 1, Salinas 1, Orange County 6, Anaheim 3, Riverside 2, San Bernardino 2, Upland 2, San Diego 1, San Francisco 14, Stockton 1, Tracy 1, Redwood City 1, Santa Clara County 2, Vacaville 2, Sonoma County 1, Yuba City 1, Tulare County 1, Winters 1.

Smallpox.

27 cases of smallpox have been reported, as follows: Berkeley 1, Oakland 4, Los Angeles County 1, Long Beach 1, Los Angeles 3, Torrance 2, Willits 1, Roseville 2, Sacramento County 1, Sacramento 1, North Sacramento 4, Manteca 2, Stanislaus County 1, Modesto 3.

Typhoid Fever.

18 cases of typhoid fever have been reported, as follows: Berkeley 1, Contra Costa County 1, Fresno County 1, Fresno 2, Imperial County 1, Callexico 1, Beverly Hills 1, Sacramento County 1, San Francisco 1, San Joaquin County 4, Lodi 1, Redding 1, Cloverdale 1, California 1.

Whooping Cough.

68 cases of whooping cough have been reported, as follows: Alameda 1, Berkeley 2, Oakland 15, Chico 2, Los Angeles County 8, Glendale 3, Huntington Park 2, Long Beach 5, Los Angeles 4, San Gabriel 2, Monterey County 2, Orange County 1, San Diego 2, San Francisco 11, San Mateo County 2, Santa Barbara 5, Watsonville 1.

Epidemic Meningitis.

2 cases of epidemic meningitis have been reported, as follows: Los Angeles 1, Merced County 1.

Poliomyelitis.

7 cases of poliomyelitis have been reported, as follows: Inglewood 1, Long Beach 1, Chino 2, San Diego 3.

COMMUNICABLE DISEASE REPORT.

	1925-1926				1924-1925			
	Week ending			Reports for week ending June 5 received by June 8	Week ending			Reports for week ending June 6 received by June 9
	May 15	May 22	May 29		May 16	May 23	May 30	
Anthrax.....	1	1	0	1	0	0	0	1
Chickenpox.....	253	216	256	160	271	280	210	192
Diphtheria.....	111	126	108	86	137	102	97	86
Dysentery, Bacillary.....	4	1	1	0	1	0	4	1
Encephalitis, Epidemic.....	2	3	4	0	3	1	1	1
Gonococcus Infection.....	52	168	151	87	77	159	120	98
Influenza.....	27	10	21	20	188	38	22	19
Jaundice, Epidemic.....	0	0	0	0	0	0	0	0
Leprosy.....	0	1	0	0	1	1	1	1
Malaria.....	0	5	0	0	1	0	1	0
Measles.....	496	509	575	474	88	76	79	84
Meningitis, Epidemic.....	3	6	4	2	1	3	6	0
Mumps.....	327	311	295	265	416	326	285	264
Paratyphoid Fever.....	2	0	0	0	0	0	0	0
Pneumonia, Lobar.....	38	36	33	52	78	79	44	42
Poliomyelitis.....	2	2	7	7	10	8	10	18
Rabies (animal).....	7	9	6	3	7	10	3	0
Rocky Mt. Spotted Fever.....	0	0	1	0	0	0	0	0
Scarlet Fever.....	149	146	150	107	137	117	112	120
Smallpox.....	42	46	19	27	157	111	130	119
Syphilis.....	71	140	132	119	67	135	152	239
Tetanus.....	0	1	2	2	4	1	1	0
Trachoma.....	2	3	2	1	5	24	11	0
Trichinosis.....	0	0	0	1	0	2	0	0
Tuberculosis (all forms).....	197	244	191	205	203	210	146	166
Typhoid Fever.....	25	25	18	18	6	10	18	12
Typhus Fever.....	0	0	0	0	0	0	0	0
Whooping Cough.....	77	88	76	68	495	410	358	330
Totals.....	1,888	2,097	2,052	1,705	2,353	2,103	1,811	1,793